



MARYLAND Department of Health

Maryland SHIP Health Action Newsletter

Friday, Dec. 21, 2018

Event: Undergraduate Public Health and Global Health Education Summit



Wednesday, March 20, 2019

The Association for Schools and Programs for Public Health (ASPPH) will soon host the 2019 Undergraduate Public Health and Global Health Education Summit. This event is held in conjunction with the 2019 ASPPH Annual Meeting. The Undergraduate Summit brings together public health educators, professionals, and students interested in undergraduate public health education.

Early bird registration rates are available until Friday, Jan. 11, 2019.

For more information and to register for this event, [click here](#).

Event: Gambling With Your Life



Thursday, Jan. 17, 2019

According to the National Council on Problem Gambling, problem gambling – or gambling addiction (GA) – includes all gambling behavior patterns that compromise, disrupt, or damage personal, family or vocational pursuits. GA is the addiction with the highest rate of suicide. Maryland's Suicide Prevention and Early Intervention Network

will soon host a workshop to highlight how GA places all those impacted by the addiction at greater risk for suicide ideation, thoughts, and attempts. Attendees will:

- Learn the risk factors and warning signs for suicide
- Learn the risk factors and warning signs for GA
- Gain an understanding of how suicide is a greater risk for individuals and/or their family members dealing with GA.

For more information and to register for this workshop, [click here](#). If you or someone you know is in crisis, Maryland Crisis Connect is available 24/7. Please call 211 and select option 1, text your zip code to 898-211, or visit MDCrisisConnect.org.

Event: First Day Hikes



Tuesday, Jan. 1, 2019

Did you know? You do not need fancy exercise equipment or a gym to increase your physical activity. Start your new year off on the right foot with a First Day Hike! As a national campaign of America's State Parks, Maryland Park Service will host 36 hikes in 32 locations across the state on New Year's Day. Great for beginners and families, most hikes are easy-to-moderate guided walks through the woods, though a few parks offer more difficult treks for more seasoned hikers. Many sites even welcome pets!

To learn more about this event and find a complete list of First Day Hikes [click here](#).

Challenge: One Billion Steps to Better Health



Tuesday, Jan. 1, 2019

Physical activity is important to prevent diseases, including heart disease and stroke. In 2015, more than half of adult Marylanders participated in 150 minutes of physical activity per week. An easy way to increase your physical activity is to join the American Public Health Association (APHA) 1 Billion Steps Challenge! This challenge makes it easy and fun to promote good health and physical activity in your community. The APHA will offer tools to help you organize a walking challenge in your neighborhood, workplace, or congregation.

The challenge begins Tuesday, Jan. 1, 2019, with a goal of reaching one billion collective steps by APHA's National Public Health Week celebration in April.

For more information on how to get involved, [click here](#). Learn more about Maryland's [data on physical activity here](#).

Resource: Twelve Ways to Health



The holidays are an opportunity to enjoy time with family and friends, and to reflect on what is important. The holidays are also a time to appreciate the gift of health and think about how to improve health in the coming year. The Centers for Disease Control and Prevention has compiled a list of "*Twelve Ways to Health*" to support your efforts in health and safety this season. A few tips include:

- Washing your hands often
- Managing stress
- Traveling safely
- Handling and preparing food safely
- Being active

Check out the video below to listen to the [Twelve Ways to Health song](#). For the full list of health tips, [click here](#).



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